

# Leon County Senior Gazette

June/July 2011

■ The bimonthly publication of the  
Leon County Senior Outreach Program



■ Sponsored by the Tallahassee Senior Foundation



Nine million Americans 65 and older contributed 1.6 billion hours of volunteer work in 2009. That's about 14 percent of all U.S. volunteers and 20 percent of all volunteer hours. Without volunteers, many programs and services would disappear.

June Crutchfield of Fort Braden works at the registration table at Fort Braden Senior Days. It's a great way to keep in touch. "I have friends I don't get to see but once a month," she says. June is also a long-time volunteer at the congregate lunches at the Fort Braden Community Center on Mondays and Wednesdays. The food and supplies are delivered by Elder Care, but volunteers set the tables and serve the food. June says the group "is like a little family."

Volunteer Barbara Burns of Fort Braden has been involved in the program for about 10 years.

"Barbara is always doing extra things," says June. Barbara passes the hat and buys cake and ice cream for monthly birthday celebrations. Recently she organized a picnic at Lee Vause Park, and 47 people came.

"It gives me something to enjoy," Barbara says. "You meet some nice people. They tell me I spoil them. It's nice to spoil these older people."

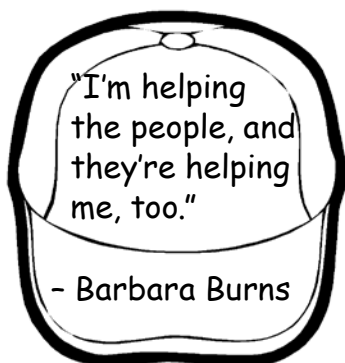
## Hats Off to Volunteers!



Bennie Woodlief of Woodville directs his church's Vacation Bible School as well as its Sunday School. He is finishing a four-year term on the Leon County Senior Outreach Advisory Council, and he volunteers at the annual Senior Games. For about five years he has been a volunteer driver for Elder Care's Seniors Transporting At Risk Seniors (S.T.A.R.S.) program, making one or two trips a week to take people to doctors' offices, the grocery store, "anywhere they need to go," he says.

What would Bennie tell someone who's thinking about volunteering? "I would tell them how much I enjoy it," he says. "It's a rewarding thing to be able to help people less fortunate than you."

Mary Johnson, another Woodville resident, is very active at her church, where, she says, "I'm always in the kitchen." She's also a volunteer poll worker. "I love working with people," she says. "I love learning, and everyone has something they can tell you-- what they've done, or problems you can relate to." Mary is also a volunteer with the Leon County Sheriff's Office. Her most recent assignment was helping with an emergency management services display at a public event.



*(continued on page 2)*

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Leon County Senior  
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*Volunteers continued from page 1*

She's also a new member of the Leon County Senior Outreach Advisory Council.

What motivated her to volunteer? "After my husband passed, I decided I'm going to live," she says. "It keeps me going."

Mary's advice to people considering volunteering: "Do it! Once you start doing it, if you're really a people person, you will see the advantages."

"If there's any question in their mind, they ought to do it anyway and decide later if it's something they can or cannot do," Bennie says. ●

**Susan D's Rice and Greens**

This is a great one-dish meal that is healthy, easy, and delicious. Serves 4.

2 carrots, shredded

2 bunches dark, leafy greens (kale, collard greens or Swiss chard), tough stems removed, leaves very finely sliced

1 medium-size sweet onion

$\frac{1}{4}$  teaspoon salt

$\frac{1}{2}$  teaspoon ground black pepper

$\frac{1}{4}$  pound low-fat feta cheese,  
crumbled

1 (20-ounce) package of

whole grain brown rice

low-sodium chicken or vegetable

broth (see rice package directions  
for the amount you need)

Prepare the rice according to package directions using broth instead of water. Set aside while you cook the vegetables.

Put carrots, greens, onions,  $\frac{1}{4}$  cup water, salt and pepper into a large, deep skillet. Toss well. Cover and cook over medium heat, tossing once or twice, until greens are wilted and tender (10 to 15 minutes). Toss with feta cheese, and spoon over brown rice.



**Don't forget to bring a canned good to the  
next Senior Day! Donations benefit the  
food pantry at Elder Care Services.  
Thanks for your generosity!**



## Getting Help for Mental Illness:

### *The First Step Can Be The Hardest*

More than one in five Americans suffer some form of mental disorder each year in this country...[but] less than 50% of the people who suffer a mental disorder even seek treatment, in great part because of the great stigma that surrounds mental illness in this country.

...We have to recognize that just as things go wrong with the heart and the lungs and the liver and the kidney, things go wrong with the brain.

- Dr. David Satcher  
U.S. Surgeon General, 1998-2002

What are mental illnesses? The National Alliance on Mental Illness (NAMI) offers this definition: "medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning. Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life. Serious mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, post traumatic stress disorder (PTSD) and borderline personality disorder. The good news about mental illness is that recovery is possible." ([www.nami.org](http://www.nami.org))

Some medical problems (such as hyperthyroidism) and the side effects of some treatments and prescriptions can bring on symptoms of mental illness. It works the other way around, too: depression and stress can increase the risk of heart disease.

Warning signs of mental illness may include persistent sadness and despair; irritability; saying things like "life's not worth living"; erratic or unusual behavior; severe mood swings; or major changes in eating or sleeping patterns.

Treatment can--and does--work! For example, according to NAMI, 80 percent of those diagnosed with clinical depression can be treated effectively.

If you or someone you care about may have a mental illness, the first step is to seek help. Here are some resources.

**In case of emergency, always dial 911.**

**2-1-1 Big Bend** (dial 2-1-1 or 617-6333; for TTY, call 921-4020)

24-Hour Counseling, Suicide Prevention, Community Information and Referrals

**Depression and Bipolar Support Alliance (DBSA)** (431-5160)

[www.dbsalliance.org](http://www.dbsalliance.org) offers online support groups and discussion forums

DBSA Tallahassee has meetings for patients, family, and friends from 7 - 8:30 pm every Monday at the Tallahassee Behavioral Center, 1616 Physicians Drive (behind TMH)

**The Alzheimer's Project, Inc.** (386-2778)

[www.alzheimersproject.org](http://www.alzheimersproject.org)

Provides comfort, support, and assistance to persons with memory disorders and their caregivers. Offers education and training, in-home respite, support groups, counseling, referral to community resources, and proactive recovery of wanderers through the Project Lifesaver program.

**NAMI Florida** (state chapter, National Alliance on Mental Illness)

Information and Referral Services toll-free number (877-626-4352) from 8:30-5:00, Monday-Friday

**NAMI Tallahassee Inc.** (local chapter) (841-3386)

<http://nami-tallahassee.org>

NAMI Tallahassee Support Groups held at St. John's Episcopal Church Library, 211 N. Monroe Street in Tallahassee (enter from N. Calhoun Street):

Monthly Support Group for families and friends: 2nd Tuesday of each month, 7 - 8:30 p.m.

Monthly Mental Health Consumer Support Group, 4th Tuesday of each month, 7 - 8:30 p.m. ●





# Leon County Senior Outreach

## June/July 2011

### Bradfordville

**Bradfordville Senior Day:** Wed, June 8, 10:30 am - 12:30 pm. No Senior Day in July. Wildwood Presbyterian Fellowship Hall, 100 Ox Bottom Road. Suggested \$6 lunch donation.

#### Historic Bradfordville Schoolhouse, 3439 Bannerman Road

**Senior Fitness Beginners:** Tues. & Thurs, 10:30 - 11:15 am. Suggested \$2 donation.

**Senior Fitness Intermediate:** Tues & Thurs, 11:30 am - 12:30 pm. Suggested \$2 donation.

**Senior Fitness - Afternoon Class:** Tues & Thurs, 1 - 2 pm. Suggested \$2 donation.

**Social Bridge:** Every Mon, 1 - 4 pm. Suggested \$1 donation.

**Summer Lifelong Learning Series:** Starts in July. Call 891-4065 in June for schedule.

### Chaires-Capitola

Dorothy C. Spence Community Center, 4768 Chaires Crossroad

**Chaires-Capitola Senior Day:** Tues, June 28, 10:30 am - 12:30 pm. No Senior Day in July. Suggested \$6 lunch donation.

**Drawing and Painting Workshop:** Wed, 1 - 3:30 pm, June 1 - July 6 (6 weeks).

Skill level: beginning/intermediate. \$48 (55+); \$60 others. Registration required. Call 891-4016.

**Senior Fitness Class:** Mon, Wed & Fri, 9:15 - 10:15 am. Suggested \$2 donation.

**Bollywood Fitness:** Tues & Thurs, 9 - 10 am. Suggested \$2 donation.



### Fort Braden

Fort Braden Community Center, 16387 Blountstown Hwy.

**Fort Braden Senior Day:** Tues, June 21, 10:30 am - 12:30 pm. No Senior Day in July. Suggested \$6 lunch donation.

**Beginning Painting with Oils & Acrylics:** Thurs, 2 - 5 pm, June 2 - July 7 (6 weeks). Skill level: beginning. \$48 (55+), \$60 others. Registration required. Call 891-4016.

**Senior Fitness Class:** Mon & Wed, 10:30 - 11:30 am. Suggested \$2 donation.

**Zumba Fitness:** Mon, Tues, Wed, & Thurs, 6:30 - 7:30 pm. \$3 per class (under 55), \$2 per class (55+).

### Miccosukee

Miccosukee Community Center, 13887 Moccasin Gap Road

**Miccosukee Senior Day:** Thurs, June 2, 10:30 am - 12:30 pm. No Senior Day in July. Suggested \$6 lunch donation.

**Bus Trip to WalMart:** Friday, June 3 & July 1, 10 am - 12:30 pm. \$2 round-trip.

### Woodville

Woodville Community Center, 8000 Old Woodville Rd

**Woodville Senior Day:** Thurs, June 9, 10:30 am - 12:30 pm. No Senior Day in July. Suggested \$6 lunch donation.

**Senior Fitness Class:** Mon and Wed, 8:30 - 9:30 am. Suggested \$2 donation.

**Zumba Fitness:** Sat, 9 - 10 am. \$3 per class (under 55), \$2 per class (55+).



# Calendar of Events

Call 891-4065 or 891-4033 for More Information



## **Grandparents as Parents (GaP):** Remember these dates!

**GaP Support Lunch:** Wed. June 29 & July 27, 12 noon - 1:30 pm (Note NEW TIME!) Leon County Public Library, 200 W. Park Ave. Program Room A. Complimentary lunch provided for grandparents and other relative caregivers. Child care provided for both meetings. Reservations are required. Call 891-4008.

**GaP Back to School Expo:** Saturday, Aug. 13, 10:30 am - 1:30 pm, Tallahassee Senior Center Auditorium, 1400 N. Monroe St. This event provides information to custodial grandparents and other relative caregivers about the many services and programs available in our community to help foster healthy physical, emotional, and educational development, reduce stress, and promote harmonious family relationships. We hope you can join us!

Call Ashley Webb at 891-4008 or email [ashley.webb@talgov.com](mailto:ashley.webb@talgov.com) if you would like more information on any GaP event.

## Coming Up . . .



### **Monday, June 27: End of Life Planning Workshop**

8:30 am - 4:15 pm, Tallahassee Senior Center Auditorium

A day-long event to assist you with end-of-life planning. Speakers include experts on medical, emotional, spiritual, legal and practical issues. **Keynote Speaker: Sally Karioth**

Register for the workshop before June 23. Call Andrea Personett at 891-4003 to register.

Lunch is available for \$7. Tell Andrea if you would like lunch when you call to register.



### **Friday, July 1, 3rd Annual Patriotic Concert - Celebrate America!**

7:30 pm, Tallahassee Senior Center, 1400 N. Monroe Street. Tallahassee Community College Jazz Band & Capital City Concert Band. \$5 donation; children free. Benefit for the Tallahassee Senior Center & Foundation, Catholic Social Services, and Brehon Family Services. Call Gary Coates at 567-6336 for more information.

**September 8 - 9: 13th Annual Active Living Expo.** Celebrating National Senior Center Month. For exhibitor or sponsorship information, call 891-4007.

**October 17 - 21: 2nd Annual LifeLong Learning EXtravaganza.**

Art, Parks, & Culture! Call 891-4007

## Come Join the Fun!

Leon County Senior Outreach, a program of the Tallahassee Senior Foundation, appreciates the support and sponsorship of many local businesses, some of which attend Senior Day events as exhibitors. However, it is our policy not to endorse, recommend or favor any specific services or products. Attendance at our events does not constitute an endorsement from the Tallahassee Senior Foundation or the Leon County Senior Outreach program.



## Leon County Senior Outreach



Come Join  
the Fun!



Silver Star honorees are models of active aging and caring for older adults. One of this year's honorees, Lyle Evans, 97, is an inspiration to us all. Congratulations, Lyle!

### Can We Count on Your Support?

Please join the Tallahassee Senior Foundation today! Your contribution pays for programs and enhances services. Thanks for being a "key" to active, healthy aging in our community!

___\$25 Senior (age 55 plus)	___\$100 Friends Key Holder	___\$1,000 Gold Key Holder
___\$35 Friend (under age 55)	___\$250 Bronze Key Holder	___\$2,500 Platinum Key Holder
___\$40 Senior Couple	___\$500 Silver Key Holder	___\$5,000 Diamond Key Holder
___\$50 Non-Profit Organization		

\_\_\_ ***Please dedicate my contribution directly to the Leon County Senior Outreach Program.***

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Make your check out to *Tallahassee Senior Foundation* and send it to:

**Leon County Senior Outreach**, 1400 N. Monroe Street, Tallahassee, FL 32303

### Ask the Resource Coordinator

**VOLUNTEER!**



**Q:** I'd like to become a volunteer. Can you help me find the right opportunity?

**A:** Congratulations on your desire to serve! You can do almost anything as a volunteer. Help build a house with Habitat for Humanity. Serve on a county advisory board. Work at a branch of the public library. Become a player's buddy in the Savannah Newton Challenger Little League. Give tours at the Mary Brogan Museum of Art and Science. Participate on a Red Hills Horse Trials committee. There's something for everyone.

VolunteerLEON, a county office, can give you up-to-the-minute information on volunteer opportunities throughout Leon County. They list more than 400 government and private organizations that you can serve. Call VolunteerLEON at 606-1970. The website ([www.leoncountyfl.gov/vol](http://www.leoncountyfl.gov/vol)) offers a searchable directory of local volunteer opportunities. Many organizations provide training, and most require an application and background check.

The Tallahassee Senior Center welcomes volunteers of all ages. Older adults (age 55+) are especially encouraged to lend their time and talents, which are matched with opportunities to serve in a wide variety of ways. Volunteers play a vital role in the Senior Center's mission to enhance independence and quality of life for seniors and caregivers through educational, social, recreational, and wellness opportunities. For opportunities at the Senior Center in Tallahassee, call Gena Varn at 891-4005. Leon County Senior Outreach (publishers of the Senior Gazette) is looking for volunteers to work at the registration desk at Senior Days or to teach a class at one of the county's community centers. For Outreach opportunities, call Susan Davis at 891-4065.

*Direct your questions about senior resources to the  
Senior Resource Coordinator  
at 891-4043 or [seniorinformation@talgov.com](mailto:seniorinformation@talgov.com)*

Leon County Senior Outreach Program  
Tallahassee Senior Foundation  
1400 North Monroe Street  
Tallahassee, Florida 32303

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**Welcome** to the bimonthly  
Leon County Senior Gazette!  
Look for this informative  
newsletter every other month.

Don't forget to check the  
calendar page inside to get  
updated information on all  
Leon County Senior Outreach  
activities.

For more information, call  
**891-4065 or 891-4033**, or  
email [susan.davis@talgov.com](mailto:susan.davis@talgov.com)



**SPECIAL  
SENIOR**

**Jewell Willis**



There's something serene about Woodville resident Jewell Willis.

Born in Cocoa, Florida, she moved to Georgia with her family when she was still very young. She married at age 18, and she and her husband raised their four daughters in a house on the Crawfordville Highway near Tallahassee, where they lived for 52 years.

Jewell was happily married for 54 years. Her secret? "You just have to try," she says. "A lot of things I didn't like, but I'm not a fussy person."

Her four girls were spaced 3  $\frac{1}{2}$  years, 9 years, and 6 years apart. Having children several years apart allowed her to enjoy each one. "I just tried to raise them right, and I never had any problems," she says.

"I was always home, and I made three meals a day," she says. "I made all my clothes and my daughters' clothes."

Jewell found ways to earn money and still be home with her family. She sewed custom-made drapes for Sears for 7 years, and she drove Leon County school buses for nearly 30 years. She says, "People would tell me, 'I can set my clock by

you every morning.'" For 20 of those years, she drove the bus for children with disabilities. She loved those children. "It was so rewarding," she says. Even now, she sees two of the kids who rode her bus. "When they see me, they run to me and hug my neck," says Jewell.

Perhaps steady work, strength, patience, tolerance, and love are the ingredients of Jewell's serenity.